

Hand or Knuckle Injury (Boxer's Fracture)

Workout 1 of 4: Full Body Circuit | Beginner | 15 min warm-up + 30 min workout + 15 min abs

LEVEL Beginner	TIME 60 minutes	FOR Hand or knuckle injury (boxer's fracture)	EQUIPMENT Sturdy chair, resistance bands, mat, wall
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Workout 1 of 4: Full Body Circuit. A boxer's fracture needs time to heal before you punch again. This program keeps your legs, core and cardio strong without using the injured hand. No punching, gripping or pushing with that hand until your doctor clears you. Work at about 4-6 out of 10 effort.

Before you start

- Get your doctor's OK, and keep wearing your splint or cast as instructed.
- If you had surgery, follow your surgeon's and physical therapist's protocol and timelines. They come first.
- Mild discomfort (3 out of 10 or less) that settles within a day is OK. Sharp pain means stop that move.
- No punching with the injured hand, no bag or pad work, and no gripping or pushing with that hand until you're cleared.

Stop right away and get help if you feel

- Increased pain or swelling in the hand
- Numbness or tingling in the fingers
- Pain from any accidental bump to the hand
- Fingers turning pale, blue or cold

This workout is general fitness guidance from Conquer Boxing Fitness & Health and is not medical advice. It does not replace care from your doctor. Always follow your healthcare provider's instructions about exercise, and stop any movement that causes pain.

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WARM-UP

15 MIN

Format: Easy pace. Protect the injured hand.

#	Photo	Exercise	Dose	How to do it
1		March in place	3 min	Easy pace, injured hand protected.
2		Shoulder rolls	2 min	Back and forward.
3		Side step-touch	2 min	Easy rhythm.
4		Hip circles	2 min	Hands on hips or the good hand on a chair.
5		Footwork drill	3 min	Boxer's stance, guard up. Step forward, back and side to side.
6		Slow sit-to-stand	3 min	No hands. 1 minute on, 30 seconds marching, twice.

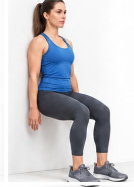
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MAIN WORKOUT

30 MIN

Format: Circuit. Complete all 6 exercises, resting 30-45 seconds between exercises. Rest 2 minutes and repeat for 3 rounds total.

#	Photo	Exercise	Dose	How to do it
1		Chair squat	12 reps	Sit back toward the chair until you lightly touch it, then stand tall. Exhale on the way up.
2		Wall sit	20-30 sec	Back against the wall, slide down to a comfortable height, hold. Hands off your knees.
3		One-arm band row (good arm)	10-12 each side	Good hand only. Pull your elbow back to your hip.
4		Glute bridge	12 reps	On your back, knees bent. Lift hips, squeeze, lower slowly. Roll to your side to get up.
5		Supported split squat	10 each leg	Hold a chair. Lower straight down a few inches, keep the front knee over the ankle.
6		Footwork rounds	1 min	Step-drag forward and back, pivots and side steps with your guard up. No punching.

Nothing goes through the injured hand: no punching, gripping or pushing.

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ABS & CORE

15 MIN

Format: Easy pace. Work for the time shown, rest 20 seconds. Do exercises 1-9 twice (about 12 minutes), then finish with the cool-down. Skip any move that hurts your back or neck.

#	Photo	Exercise	Dose	How to do it
1		Crunches	20 sec	Arms crossed over your chest. Exhale and lift your shoulders.
2		Heel taps	20 sec	On your back, knees bent, shoulders slightly lifted. Reach side to side to tap each heel.
3		Bent-knee leg raises	20 sec	On your back, hands under your hips. Keep knees bent and lift them toward your chest, then lower slowly. Low back stays on the mat.
4		Flutter kicks	20 sec	On your back, hands under your hips. Small, slow kicks with legs held high toward the ceiling. Keep your low back pressed down.
5		Russian twists	20 sec	Hands resting on your belly. Turn your shoulders gently side to side.
6		Scissor kicks	20 sec	On your back, hands under your hips. Legs held high toward the ceiling, slowly cross them over and under each other.
7		Toe touches	20 sec	On your back, knees bent and lifted over your hips. Exhale and reach hands toward your shins.
8		Glute bridge	20 sec	On your back, knees bent. Exhale, lift hips, lower slowly.
9		Seated figure 8	20 sec	Seated, pass the ball with your good hand only, or trace a figure 8 with your knees.
10		Cool-down: breathing and stretch	3 min	Slow breaths in for 4, out for 6. Stretch chest, hamstrings, hips and calves. Stand up slowly.